



Food Nutrition Label Facts:

Nutrition Facts Serving Size 1 cup (228g) Servings Per Container 2			
Amount Per Serving			
Calories 260 Calories from Fat 120			
% Daily Value			
Total Fat 13g		20%	
Saturated Fat 5g		25%	
Cholesterol 30 mg		10%	
Sodium 660mg		28%	
Total Carbohydrate 31g		10%	
Dietary Fiber 0g		0%	
Sugars 5g			
Protein 5g			
Vitamin A 4% • Vitamin C 2%			
Calcium 15% • Iron 4%			
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: Calories: 2000 2500			
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrates		300g	375g
Dietary Fiber		25g	25g
Calories per gram:			
Fat 9	•	Carbohydrate 4	• Protein 4

Serving Size

This indicates the actual amount of food in one portion by volume (size) and weight in grams. Use this to determine how much of a product you consume. Example if you use 2 cups, that would equal 2 servings.

Servings Per Container

The number of servings in the package. Note: even small packages may have more than one serving. If you eat the entire package at one time, then you have eaten the number of servings listed.

Nutrition Numbers

The label lists the number of calories from Fat in one serving. Also listed are number of grams of Fat, Protein, and Carbohydrate. To get calories from protein or carbohydrate you must multiply number of grams x 4 calories per gram. Example 5 grams of protein is equal to 5 x 4 for a total of 20 calories of protein per serving.

Percent Daily Values

Shows how much of each nutrient one serving provides in a 2,000 calorie diet. For example, this label shows 13 grams of Fat per serving, which is 20% of the fat recommended for the entire day.

Required Nutrients

For vitamins and minerals listed such as Vitamin A and Iron, the goal is to reach 100% of the Daily Value. Reading the label will help you to balance out your food choices.

